

Sweet Chalybeate Springs,

FORMERLY KNOWN AS THE

RED SWEET SPRINGS:

A Synopsis of the Routes by which they are Reached;

AN ACCOUNT OF THEIR

MEDICINAL PROPERTIES;

ANALYSES OF THEIR WATERS, .

AND

SOME CASES OF DISEASE CURED BY THEIR USE.

THOMAS KINNIREY, PROPRIETOR.

BALTIMORE:
PRINTED BY JOHN MURPHY & Co.
PUBLISHERS, BOOKSELLERS, PRINTERS AND STATIONERS,
182 BALTIMORE STREET.

1870.

12. Cars 420 th St.	20
" - Trunk	50

7.33

FORMERLY KNOWN AS THE

A

Synopsis of the Routes by which they are Reached;

AN ACCOUNT OF THEIR

MEDICINAL PROPERTIES:

ANALYSES OF THEIR WATERS,

AND

SOME CASES OF DISEASE CURED BY THEIR USE.

THOMAS KINNIREY, PROPRIETOR.

BALTIMORE:
PRINTED BY JOHN MURPHY & Co.

PUBLISHERS, BOOKSELLERS, PRINTERS AND STATIONERS,


182 BALTIMORE STREET.


1870.


WBI
K5555
1870


ROUTES AND DISTANCES
TO THE
SWEET CHALYBEATE SPRINGS.


The SWEET CHALYBEATE SPRINGS may be more conveniently reached from every great section of the country, by the *Chesapeake and Ohio Rail Road*.

 Visitors to this place should leave the CARS at ALLEGHANY STATION, on that road, 13 miles west of Covington, where they will find *Stage Coaches* to the *Sweet Chalybeate*, 9 miles distant.

 Persons travelling to these *Springs* by way of the *Virginia and Tenn. R. R.*, may either proceed by the way of the railroad to STAUNTON, and thence to ALLEGHANY STATION, or, they may leave the *Cars* at BONSAK'S, on the Virginia and Tenn. Road, and take *Stage Coaches* to the Springs, 48 miles distant from that point.

 Visitors from the *North* or *East* may have their baggage checked at prominent points on the route, and procure Through Tickets to the Springs.

 PLEASURE EXCURSIONS frequent and convenient from the *Sweet Chalybeate*, to the *White Sulphur*, and all the other neighboring Springs.

 A *Telegraph Line* is in operation to the Springs.

Sweet Chalybeate Springs,

FORMERLY KNOWN AS THE

RED SWEET SPRINGS.

THESE Springs, so well known to the public who have been in the habit of visiting the *Virginia Springs*, are situated on the southern border of *Alleghany County*, one mile west of the *Old Sweet Springs*, and 16 southeast of the *Greentrier White Sulphur*.

They are 48 miles west from *Bonsack's Depot*, on the *Virginia Tennessee Railroad*, and a like distance from *Salem Depot*, on the same road. Between these *Depots* and the Springs, good coaches run daily during the watering season.

These Springs were formerly known by the name of the "RED SWEET," from their abundant red deposit of ferruginous matter, and their general resemblance to the waters of the Old Sweet Springs.

But many of the friends of the waters have advised, that they be called SWEET CHALYBEATE SPRINGS, with a view of enabling the public more clearly to distinguish between them and the "*Old Sweet*," which are but one mile distant.

There is thought to be a propriety in such change of name, not only because it will enable the distant public, and strangers in our mountains, to distinguish more readily between the two springs, which, although similar in the character of their waters in some respects, differ essentially in some others, and especially in reference to the relative amount of *Iron* contained in each. In these Springs, a very large relative amount of that ingredient prevails therein, there is thought to be a peculiar propriety in designating them SWEET CHALYBEATE, inasmuch as the name *Chalybeate* better conforms to a correct nomenclature of calling waters after the leading and most efficient ingredients in their composition.

It would seem desirable indeed that a general reformation should take place in the naming of our mineral fountains, by which their names would more meaningly and clearly convey correct ideas of their medicinal qualities. This, while it would conform to the demands of modern chemistry, at the same time would save the stranger and the uninitiated, from the common mistake of confounding waters of dissimilar chemical and medicinal character ; and this mainly, in consequence of the unmeaning, but often similar names which they bear.

As samples of this inconvenience, fruitful of error, it may be mentioned that we have perhaps a score of sulphur waters in the State designated as "*White* ;" several under the initiatory cognomen of "*Blue*," "*Gray*," and "*Black* ;" and three springs in this immediate region, of which this is one, whose distinctive designation is "*Red*." These facts, which might be extensively multiplied, are cited to show the reasonableness, nay the importance of correcting the nomenclature of our springs ; and, in apology for the desire, that these, heretofore known as the "*Red Sweet*," may hereafter be known as the SWEET CHALYBEATE.

The property upon which these Springs are situated was purchased many years ago by a gentleman of South Carolina, in reference to its medicinal waters, and the valuable land that surrounds them. Subsequently, it was owned and considerably improved by Mr. Philip Rodgers, who, for many years kept the old Sweet Springs. In 1845 the property came into possession of John R. Sampson, Esq., who made valuable additions to the improvements. It was afterwards owned and kept with great reputation as a watering place for several years by Mr. C. Bias. The present owner purchased the property in 1862. The Spring buildings, now in good repair, are ample for the accommodation of not less than *four hundred persons*.

BATHS.

Among other modern improvements of the place, is a new and conveniently arranged *Bathing Establishment*, for receiving Hot and WARM baths. These baths are supplied by the

mineral waters of the Spring, and by means of *Steam*, are heated in *zinc* troughs to any degree of temperature the bather may desire. With the *hot* and *warm* baths are also connected facilities for taking *Shower* baths.

This arrangement for taking baths of *high temperature*, while it is a recent feature in the economy of the Establishment, will be found exceedingly beneficial to many invalids who resort here for relief.

But the great charms of the place,—and that which gives it transcendant advantages in medicinal and hygienic points of view, are its *Enclosed Pools* for *Plunge Bathing*. Than these, nothing in the way of baths can be more pleasant, invigorating and health-bestowing. These delightful *Reservoirs* of the sparkling waters, fresh as they flow from the Spring, afford in perfection the true luxury of bathing;—they are a distinctive feature of the Establishment,—and it is confidently believed that they, in connection with the artificially heated waters before alluded to, constitute the most extensive, as well as the most delightful and beneficial Bathing Establishment anywhere to be found.

SPRINGS.

There are two medicinal springs at this place, which are thus described by Dr. Moorman, in his work on the “Virginia Springs, and Springs of the South and West:” “One, a few paces below the hotel, essentially the same both in quality and temperature with the Old Sweet Springs—indeed it may be regarded as essentially the same water; the other, some forty rods above the hotel, is in many respects like it, but containing a much larger quantity of *Iron*, which, being abundantly deposited in the form of a red precipitate, has given it the name of *Red Spring*.”

“The water of the Red (or *Sweet Chalybeate*) Spring, which is the *characteristic water of the place*, and most relied upon both for drinking and bathing, issues from beneath heavy and irregular limestone arches, just at the head of a narrow cove formed by the projecting hill on one side, and on the other by large masses of porous stones, probably deposited

there from the Sweet Spring waters which once flowed in this direction. There are here three fountains, all separated by naturally formed stone partitions, but all running into one common sluice. The upper and boldest of these fountains is almost two degrees colder than the two lower ones, and evidently contains less of ferruginous matter. The water issuing from all of these is *eight hundred gallons in a minute.*" *

ANALYSES.

The waters of the Sweet Chalybeate Spring have been twice analyzed; first by Rowelle, and then by Professor Wm. B. Rogers.

According to Rowelle, one gallon of the water contains : †

Carbonate of lime.....	16 grains.
Carbonate of magnesia.....	12 "
Carbonate of iron.....	8 "
Iron combined.....	4 "
Silex	4 "
Sulphate of magnesia.....	4 "
Muriate of soda.....	2 "
Carbonic of acid.....	" "

The following is the result of Prof. Rogers' chemical examinations :

"1st. Solid matter by evaporation from 100 cubic inches ‡ of the water, after being *greatly* dried at 112°, 40.76. A portion of this combined water.

"2d. Quantity of each solid ingredient, estimated as perfectly free from water, in *one hundred cubic inches* :

Sulphate of lime	14.233
Sulphate of magnesia.....	3.107
Sulphate of soda.....	1.400
Carbonate of lime.....	1.165
Chloride of sodium.....	0.037
Chloride of magnesium.....	0.680
Chloride of calcium.....	0.010
Susquioxide of iron.....	0.320
Organic matter in small quantities.	
Iodine, a mere trace.	

The iron is no doubt dissolved in the water as a carbonate.

* See also DR. MOORMAN'S late work on the "*Mineral Waters of the United States and Canada.*"

† Rowelle's estimate is of a quart. We give a gallon, preserving, of course, the proportions for convenient comparison with other waters.

‡ One hundred cubic inches is about three and a half pints.

“3d. Volume of each of the gases contained in a free state in 100 cubic inches of the water :

Carbonic acid.....	46.10 cubic inches.
Nitrogen.....	2.57 “
Oxygen.....	.20 “
Sulph. hydrogen, a trace too small to be measured.	

“4th. Composition of 100 cubic inches of the mixed gases, rising in bubbles in the Spring :

Nitrogen.....	62.5
Carbonic acid.....	37.5

“The temperature of the water, as it rises from its three different heads, is from 75° to 79° Fah. The temperature varies slightly at different times, but never, however, exceeds one or two degrees of variation.”

MEDICINAL QUALITY OF THE WATERS.

THE RANGE OF THEIR APPLICABILITY TO DISEASE.

In comparing this water with other mineral springs, we find that it most resembles the water of the Old Sweet Springs in the immediate neighborhood. The analyses of these two waters, by Professor Rogers, show that their composition is not greatly dissimilar, except in the important fact that the *Sweet Chalybeate* contains a larger amount of *iron*. While the Old Sweet contains of iron 0.061 grains in 100 cubic inches of water, this spring contains in the same amount of water 0.320 grains, or about four-fifths in excess.

Although the analyses alluded to show that these two waters differ somewhat in the relative amount of other ingredients besides iron, such difference is not considerable, and it would not be very inaccurate to say that the Sweet Chalybeate is the Old Sweet water with a strong *iron base*.

If we adopt the analysis of *Rowelle*, which represents the Sweet Chalybeate as containing eight grains of *carbonate of iron* and *four grains of iron combined* to the gallon, it is presented as among the strongest, if not the very strongest, chalybeate water of which we have any account, whose iron is combined in the form of a *carbonate*. Iron in the form of a

sulphate is found in larger quantity in several springs of our country.

The famous *Powhon* Spring at Spa, in Belgium, that enjoys perhaps the largest reputation, as an iron tonic, of any spring in Europe, contains, agreeably to the analysis of the celebrated Bergmann and Dr. Jones, but 5.24 grains of iron to the gallon. The *Pyrment* Spring in Westphalia, little if any less distinguished as a chalybeate tonic than the Spa waters, contains by the analysis of M. Westrum, about $8\frac{1}{2}$ grains of the carbonate of iron to the gallon. In America, according to the analysis of Dr. Steele, we find the chalybeate waters of Saratoga and Ballston, embracing the celebrated *Congress Spring*, the *Sans Souci*, *Parks*, *Columbian*, *High Rock*, and *Washington* Springs, to contain from 5.39 to 6.50 grains of iron to the gallon. The analysis of *Anderson's Spring*, the strongest of the celebrated *Bedford Springs* in Pennsylvania, according to Dr. Church, contains 5 grains of carbonate of iron to the gallon. Thus it appears, by comparing the analyses of this water with the analyses of the strongest carbonated waters whose analyses are known, that the *Sweet Chalybeate* is among the strongest, if not the very strongest, carbonated waters known to the world.

Used both internally and as a bath, the Sweet Chalybeate is found to be adapted to the cure of a large class of cases. Viewed simply as an iron tonic, its applicabilities would be extensive and well defined; but its temperature and the various salts and gases that enter into its composition influence to an important extent its therapeutic range, and in some cases superadd to its tonic virtues other important sanative.

It is to be regretted that no effort has heretofore been made to collect and preserve accurate and particular accounts of the curative agency of these waters and baths. The large patronage and preference which they now enjoy, have gradually grown up from an actual experience of their efficacy—without publication of their virtues, or any especial effort in any way to attract public attention to them. If records of cases that have been relieved and cured by their use, had been collected and preserved from their early opening, as a place of

invalid visitation, doubtless volumes of such cases might now be recorded.

The *drinking* of these waters and the use of the *baths* have been extensively employed in almost every variety of cases whose character did not contra-indicate the use of tonic remedies. In cases of pure *atony* or *feebleness*, unaccompanied by inflammation, or irritation of any of the organs, they have been employed with great success. Persons exhausted by disease, and whose chief complaint is *debility*, are brought up speedily by these waters and baths. Tardiness of functional discharge and morbid sympathies between the organs are speedily relieved by them. They act promptly upon the absorbents and the general capillary system, and hence their hygienic power in restoring waning energies, and in bringing back an exhausted system to its normal condition.

In some diseases of the stomach and intestines, in *dyspeptic* and *hypocondrical* derangements, in *subacute rheumatism* with weak excitement, and in *diabetic* and *gouty complaints* they may be used with profit. In certain diseases of the *kidneys*, and especially in *gravelly* affections, experience has proved that they are sometimes used advantageously.

In the *sequelæ* of long-continued and exhausting discharges, whether of a sanguineous, serous, or mucous character, and unattended by an inflammatory condition of the system, or active irritation of the organs, they may be used with excellent effect. This remark is applicable, whether the discharge has been from the bowels, bladder, or womb.

Cases of *chronic diarrhœa* have been cured by these waters, after other waters more commonly recommended for that disease have failed to bring relief.

In *dyspepsia*, particularly when connected with irregular pains in the stomach, and with want of tone in the bowels, they may be profitably employed.

In *gastralgia* or nervous dyspepsia, after the force of the disease has been modified by the use of medicines or alterative waters, they deserve great praise.

In *neuralgic affections* unattended with organic obstruction, and especially following a course of alterative treatment

that may have relieved or restored the integrity of the secretory functions, these waters are used with great success, and rarely fail to ameliorate or cure such cases.

As a secondary remedy in cases of chronic *gastralgia*, or *mucous irritation of the stomach and bowels*, used after the force of the disease has been abated by proper alterative means, they deserve the highest confidence.

In *spermatorrhœa*, after organic complications with which it is sometimes connected have been relieved or modified by appropriate means, and independent of such means, if such complications do not exist, the Sweet Chalybeate constitute a remedy much to be relied upon.

In *fluor albus*, and for chronic discharges from the urethra, the waters are found very useful.

To *amenorrhœa*, and its usual attendant, *sterility*, these waters have been employed with very gratifying results. If they had no other claim to public favor than such as they derive from their efficacy in restoring the health and natural energies of the enfeebled uterine system, they still would successfully assert a high claim among the most valued remedies *

Professor *J. L. Cabell*, of the University of Virginia, who spends his summers at the Sweet Chalybeate, in a letter to the proprietor of the Springs, remarks, that "for that distressing state of the system, which is often exhibited by men of studious and sedentary habits, and by those who undergo much toil in the daily discharge of a monotonous routine of work, a state which is manifested by a prostration of the vital energies while yet the nerves are morbidly restless and excitable, I know no remedial agent of greater efficacy than the bath at the Red Sweet, taken by a plunge in the natural pool. Beyond all question, the relief experienced in such cases is largely due to auxiliary influences, such as rest, change of air and scene, and the bracing effect of the climate; but these influences operating elsewhere do not, in my judgment, produce the same amount of benefit as when they are combined with the specific action of the mineral baths at your springs."

* For a more full account of these Springs the reader is referred to Dr. MOORMAN'S late Work on the "*Mineral Springs of the United States and Canada*," at the Springs.

“The existence of a very appreciable amount of the salt of iron in the water of the Red Sweet Springs, entitles it to a high rank among the mineral chalybeate waters. In view of this feature of its composition, it would be but reasonable to assign to it a positive value in the treatment of diseases characterized by impoverishment of the blood and deficient tone of the solids, such as *anæmia*, *chlorosis*, *leucorrhœa*, *uterine displacement* with or without ulcerations of the neck of the organ, *suspended* or *difficult menstruation*, etc., etc. I have had opportunities of verifying the fact that the two-fold use of the water, as a beverage and by bathing, meet the indications presented by these cases far better than any other mineral water known to me, or than the preparations dispensed by the druggist.”

“I have often heard persons of good judgment, who had long known the character of the waters of the two Sweet Springs, ascribe to the bath a very marked influence in helping to eradicate chronic rheumatism from the system. Observing that certain persons laboring under this or kindred forms of disease were unable to react sufficiently after plunging into the natural pool, I suggested the expediency of making use of artificial means to elevate the temperature of the water, so as to have *warm* or *hot* baths of mineral water for those who required or preferred them. Your admirable arrangements for this purpose were perfected at the commencement of the last season, and from what I have heard, proved eminently beneficial to several persons complaining of various disorders, such as chronic rheumatism, neuralgia, gout, torpid liver, etc.”

COMMUNICATIONS FROM PHYSICIANS

ON THE SUBJECT OF THE WATERS.

From DR. B. W. ALLEN, *of the University of Virginia, who has spent the last four summers at the Sweet Chalybeate as Resident Physician of the Springs.*

UNIVERSITY OF VIRGINIA, October 17, 1859.

MR BIAS,

Dear Sir :—I received a few days since a communication from you requesting my views with regard to the value of the waters of the Red Sweet Springs, (of which you are the proprietor,) when used internally, and as a bath, in disease.

It would be needless, in my reply, for me to say anything of the comforts and good management of the place, both of which are so essential to the invalid seeking health; they speak for themselves. To those who have been there, no inducements are necessary to invite a return.

I shall, therefore, in as few words as possible endeavor to give you my opinion, which is based upon observations made during the four consecutive seasons I have spent on the spot as resident physician.

The water in all of the springs is *tonic* and *alterative* in its effects upon the system, and therefore applicable as a general rule to diseases which require a tonic and alterative treatment, especially such as are benefited by the administration of *iron*. In cases, therefore, of persons who have been broken down by diseases which have left them feeble and emaciated, as in the frequently tedious convalescence from an attack of typhoid fever; or in those enervated by prolonged study, and its attendant, sedentary habit, as professional men often are; or in cases of the inhabitants of cities, who, by close application to business, are compelled to breathe the more or less impure and confined air of stores, counting-rooms, etc., but who labor under no especial disease; or, again, in those who are weakened and relaxed by the climate of our more Southern States, or whose residences are situated in marshy and miasmatic districts—to such the water of your springs offers every reasonable prospect of relief.

It would be an almost endless task to enumerate the many diseases, and the various phases in which those diseases occur

in different individuals, in which the water, taken internally, and used in the form of bath, has been found to give relief, either partial or entire.

I will specify some, which occur to me now, in which they are beneficial: In the numerous diseases to which *females* are liable, owing to sexual peculiarities, and which are exceedingly common, attended with loss of appetite, extreme pallor of the skin, feebleness, inability or disinclination to take exercise, palpitation of the heart on the slightest exertion without any organic disease to produce it, depression of spirits, etc.; also in scanty monthly discharge, or total arrest of that function, *leucorrhœa*, *anæmia* or *poverty of blood*, *chloris*, etc.; in all, if unattended by active febrile excitement, good may be expected to result from the judicious use of the water.

In children, who have had that scourge of our large towns, during summer; I allude to *cholera infantum*, in whom it has become chronic, or, if recovered from, leaves the child in a condition bordering on inanition; in such cases a short stay at the Red Sweet Springs will work wonders.

In obstinate cases of *intermittent fever*, when medicines seem to have lost their efficacy, or produce but little effect, the water, alone or in connection with a proper treatment, has acted beneficially at once, and in many instances eradicated it from the system.

So, too, in cases of *jaundice* of long standing, in which there is an absence of all febrile symptoms, it very often has a beneficial effect, although if a person is *bilious* in the usual acceptation of the term, the use of the water would be contra-indicated until that state of the system was corrected.

Neuralgia, a disease which is one of the most common, painful, and frequently intractable, is often cured, or at least greatly benefited, by the water and by the baths. So, too, *rheumatism* and *gout*, in their chronic forms, are frequently greatly mitigated; and this will be more marked, probably, in those which are attended with occasional discharges of small *calculi in the urine*, or in which there is a strong tendency to the formation of stone in the bladder. The water in all the springs, especially in the springs near the hotel, has a strong diuretic tendency, increasing in a marked degree the flow of urine, and consequently diminishing the irritating qualities of the secretion in its concentrated form, by dilution, and for the same reason increasing its solvent powers over its saline constituents, which would otherwise be deposited in the form of gravel either in the kidneys or bladder.

In chronic *diarrhœas* and *dysenteries*, the good effects of the water are often visible very soon after commencing its use,

giving tone to the digestive apparatus, and restraining the inordinate action of the bowels, thereby strengthening the system by diminishing the drain upon it, and thus enabling the constitution to throw off a disease which would sooner or later end fatally unless relieved.

The list might be extended, but enough, I imagine, has been said to enable intelligent persons, or their physicians for them, to form a tolerably correct idea of its applicability in each particular case.

I deem it unnecessary to enlarge upon the remedial effects of the *baths*, with which your establishment is so profusely supplied in all the forms in which they are used. I do not wish, however, to be understood as undervaluing them in the slightest degree. On the contrary, I think them *most important* and *powerful* adjuvants in very many cases of disease, and they are certainly great luxuries, to say nothing of their physiological effects, to those who are in perfect health.

In many cases the baths are powerful remedies in a number of the diseases enumerated above, taken either as the *plunge*, the *hot*, the *warm*, the *shower*, or in the form of *vapor* or steam bath; and frequently they can be used with great advantage where the water taken internally might disagree. Discrimination, however, must be used in their employment, as in nearly all cases in which they would be beneficial there would be certain indications to guide us in our choice between them; some cases would be benefited by one form of bath, while in others it would prove highly injurious.

In closing, I will add that I do not wish to be understood as advocating the use of the water as potent for good in every instance in which it would seem to be indicated. There are cases, it is evident, that no remedies can reach. But I think where a prospect of relief is afforded in the use of any means, be it ever so faint, we are inexcusable if we neglect to employ it.

I am, faithfully, your friend, etc. B. W. ALLEN.

From DR. G. W. LAURENCE, of Baltimore, who writes from the Arkansas Hot Springs.

"HOT SPRINGS," HOT SPRING CO., }
ARKANSAS, Dec. 9th, 1859. }

C. BIAS, ESQ., Red Sweet Spring, Va.:

My Dear Sir:—I have long promised to address you for the benefit of the *invalid* and the pleasure-seeker, in relation to your attractive summer resort. I am sojourning in this

remote region, enjoying the *justly celebrated thermal waters*, and I often think of your accessible and picturesque home, surrounded by its magnificent forest shade, your beautiful and productive valley, so snugly lapped in repose by the "Alleghany" and "Sweet Spring Mountains," affording to the traveller the comforts of a delightful retreat, to the *sick* the advantage of your fine *tonic waters*, bountiful tables, pure mountain air, and hospitable abode. In your mountain fastenings, your selected region has a peculiarity in its physical features *that belong to it almost alone*, and to my mind is an inviting circumstance. In location you are relieved of those terrible and unpleasant *fogs* that so hover around other watering places—the *gaps* in your mountains gives course to currents, and those *melancholy damps* are carried off. I have ever regretted that your valuable springs have not enjoyed a designation *more distinct*. Why not call your springs "*Tonic Sweet Springs*," instead of "Red Sweet" or "*Sweet Chalybeate*?" Your waters are eminently *tonic*, and I think they possess properties *worthy of the name*. Surely, far excelling other springs in your wonderful *spring section*. Your mineral water should also be better known. Why not have it put up neatly for export, send it to all the principal druggists for sale—call to it the attention of medical men?

In medicinal virtues, the celebrated "Cheltenham Waters" are not equal to your springs—the famous "Seltzer Waters" are not more agreeable to the taste; why not allow it general use? But do not commit the error so general, of making your mineral jets a *panacea*! Keep it as a remedy within the boundary of diseases. In general debility, dyspepsia, chronic diarrhœa, dysenteries, diabetes, rheumatisms, neuralgias, anæmia, œdema, slow and enfeebled convalescence, your waters are very desirable. In *female complaints*, where dyscrasia causes that cachetic condition that induces malignant diseases, and in local debility among the organs where the system *is drained by chronic discharges* and *periodic distress*. The *luxurious* bathing and superior *tonic* waters might truly avert severe disease. I like the use of thermal mineral baths, and kindly regard your artificial arrangement for *heating* the waters to an elevated temperature; it is a decided advantage to some enfeebled cases in treatment of disease.

If physicians knew the value of your waters generally, their patients would often be directed to your care throughout the traveling season, and your waters would be constantly employed as medical draughts. I will, at any period, afford you the use of my humble name to extend the good work. Your spring must be known, your delightful *pool-bath* of natural tonic

mineral water, lively and buoyant with its sprightly gases, is a luxury to life and a pleasure to my memory. The *douche* and arrangement for the *shower baths* are also complete. For the comfort of visitors, I should add that the cleanliness of the bath department, the attentions of your servants, the care of the grounds, all display to the mind of the casual observer the enterprise of a master-mind, and that the management is under the control of an attentive host.

With genuine regard, I am yours, respectfully,

GEO. W. LAURENCE, M. D.

ASTHMA CURED.

From DR. JOHN P. MACKENZIE, of *Baltimore.*

BALTIMORE, *December 22, 1859.*

Dear Sir:—My attention was not particularly directed to the effect of the Red Sweet Bath as a remedial agent till the summer of 1857, when, at your kind invitation, I passed a week there.

From my observations then, and subsequent experience, I have no hesitation in saying that, when properly used, it is an *invaluable tonic*, and of course a most important therapeutical agent in all cases in which the cold bath is employed. The bath, too, is large and airy, and the water constantly renewed, which add materially to the bracing effects on the system. The diseases in which I have found it most useful are *nervous diseases*, properly so called, and persons of a relaxed and strumous habit with no evidences of organic change. In a young lady from the Eastern Shore of Maryland, who was asthmatic, and suffered from frequent and repeated catarrh, the "Red Sweet Bath" used in the interval of her attack, has completely restored her.

Wishing you all the success which your beautiful spring merits, I remain your obedient servant,

C. BIAS, Esq

JOHN P. MACKENZIE.

NEURALGIA.

From DR. J. J. MOORMAN, *Resident Physician at the White Sulphur Springs.*

WHITE SULPHUR SPRINGS, *September 15, 1859.*

Dear Sir:—Treating of the effects of the Sweet Chalybeate Waters in *neuralgia*, in my volume upon the "Virginia

Springs," I allude to my own relief of a painful affection of the kind by the use of those waters, and, as you wish a more detailed account of the case, I yield with pleasure to your desire in giving it.

In the spring of 1842, I was attacked with neuralgia of the sciatic nerve, extending through its entire course. At first the disorder was mild, rather threatening than severe; but in a few days it had so increased in severity that I was completely prostrated and unable to rise from my bed, and ultimately so distressing and unremitting as to bring me to the utmost condition of physical agony, with general prostration and great nervousness. The momentary, but partial respite that large doses of anodynes and other palliatives afforded from intense suffering was barely sufficient to permit the smallest amount of sleep that the human system absolutely requires. Such was my condition, far more painful and distressing than language can describe, for near four months, during two of which I was unable to rise from my bed. Meanwhile, the most approved remedies for such cases were prescribed by my neighboring brethren of the profession who kindly offered their assistance, and by several eminent medical men at a distance, who were consulted, but without producing any appreciable benefit. Thus distressed, desponding, but still hoping against absolute despair, I was conveyed upon a bed in my carriage to the White Sulphur Springs. Under the diligent use of that water for three weeks my secretions, which, in the progress of the case had become vitiated, were corrected, and my general system so altered as to induce me to make a trial of the waters the *Sweet Chalybeate Springs*, which, from some previous knowledge, I had learned to appreciate as a valuable nervine tonic. I should remark, that while there was some softening or modification of the intensity of my sufferings while under the use of the White Sulphur, and a very decided improvement of my general health, the pain and inability of my neuralgic limb were essentially unrelieved.

In this state of the case, I was conveyed to the *Sweet Chalybeate*, and commenced the use of the waters, by drinking and by bath. Language is as insufficient to describe the relief I obtained under these applications as it is to convey an adequate idea of the intensity of my sufferings before I resorted to them. Sufficient to say, that in *twelve days*, and after taking *twenty baths*, I was relieved,—*cured* of all pain, of all disease, with nothing to obstruct the active pursuits of life but such debility as is incident to long and painful confinement. More than seventeen years have elapsed since this remarkable relief, and without any return of the disease of sufficient importance to

give me an hour's uneasiness. I will just add, that the cure of my own case has induced me to send very many cures of neuralgic disease to your springs, and that, when the system has been previously properly prepared for their use, I have invariably had the most ample reasons to be satisfied with their effects

I deem it proper to remark that *neuralgia* in most, though not in every instance, is a *secondary* affection, depending upon some organic or other derangement of the system, and that in all such cases, a previous preparation of the general system, by bringing it as far as possible into a normal condition, is essential to the success of these waters, as it is of all other tonic remedies for the cure of such cases.

Very respectfully, J. J. MOORMAN.

C. BIAS, Esq., *Sweet Chalybeate Springs.*

NEURALGIA—LEUCORRHŒA CURED.

From DR. WM. P. BRAXTON.

KING WILLIAM COUNTY, VA., November 1, 1859.

C. BIAS, Esq.:

Dear Sir:—You informed me that it was your intention to publish a pamphlet, setting forth some cures produced by the use of the waters and baths of the Red Sweet Springs; I therefore take great pleasure in affording you a case or two.

CASE I. "General derangement of the nervous system, with dyspepsia and torpid liver."

In 1857, Mrs. C., of Hanover county, Va., who had been in bad health for several years, and had frequently visited the mountains without any relief, was advised to try the waters and baths of the Red Sweet Springs; she found her condition to improve after the first bath, with, at the same time, moderate use of the water, and in a fortnight returned home cured.

CASE II. *An Obstinate Case of Leucorrhœa.* A few seasons since, I met with a very obstinate case of leucorrhœa in a young married lady. I recommended the use of the bath, which she had been "afraid to try." Much to her gratification and surprise, after taking three baths, she was cured of the leucorrhœa.

If these two cases will benefit you, and the world at large, I will be pleased that it is in my power to afford them.

With my best regards, I remain your friend,

WM. P. BRAXTON.

DYSPEPSIA CURED.

From SAMUEL C. LUDDINGTON, ESQ.

FRANKFORT, November 28, 1859.

C. BIAS, ESQ :

Dear Sir:—It gives me pleasure to furnish you with an account of the remarkable recovery of my wife, under the use of the waters of the Red Sweet Springs. Under a kind Providence, she is indebted to those waters for her present health, and even, as we believe, for life itself.

For five or six years, Mrs. Luddington had been a great sufferer from *dyspepsia* in its most distressing form. Entire loss of appetite, with a complete intolerance of the stomach for all ordinary food for several years, had brought on great emaciation of body, with intense nervousness. Naturally active and energetic, she had become listless and inactive, with never-ceasing restlessness and unhappy forebodings of greater evils to come.

In this condition, she was conveyed to the Red Sweet Springs, and commenced to use the baths, and the water as a beverage. Such was her debility at this time, that she was utterly unable to walk to the bathing-house, or to enter the bath when there, without assistance. In three days it became obvious that she was improving, and on the fourth, she was so improved as to be able to walk to the bath. In three weeks from the time she reached the springs, so wonderfully had she recovered, that she was able to walk, without inconvenience, over the high hill near the springs. Meanwhile the tone of her stomach had been restored, her nervousness ceased, her appetite became good, and she gradually increased in flesh and strength; in a word, to her own grateful astonishment and the astonishment of her friends, *she was cured*.

This was in 1858, and time has shown that her relief was not evanescent, but permanent, for she continues in the enjoyment of good health.

Very respectfully, SAM'L C. LUDDINGTON.

MUCOUS IRRITATION OF THE STOMACH AND BOWELS

From WM. ALLSTON GOURDIN, ESQ., of Charleston, S. C.

RED SWEET SPRINGS, VA., September 27, 1859.

MR. C. BIAS:

Dear Sir:—I arrived at the Greenbrier White Sulphur Springs in August last, in a most miserable state of ill health

NATIONAL BUREAU OF MEDICINE

WASHINGTON, D. C.

I immediately consulted Dr. Moorman, Resident physician of said springs, who, after examination, reported that I was suffering from an engorgement of the liver with defective secretions, accompanied with irritation of the mucons coat of the stomach and bowels, attended with chronic diarrhæa, with physical prostration and general nervousness. I drank the White Sulphur water and used the baths, for some twenty days, to great advantage until the desired "*alterative effect*" had been brought about. I then, by the advice of Dr. Moorman, hastened to your "Red Sweet Springs." I was extremely weak and exhausted upon my arrival; began drinking the water, and taking the cold bath, or "*douche*," twice a day. I found the water most palatable and acceptable to my stomach. And, in relation to the baths, they acted upon me like magic; each and every one made me feel better and better, and in the course of five days, however strange it may seem, I was walking eight to ten miles a day over hill and dale, feeling an elasticity in my step, vigor in all my frame and a buoyancy of spirits, that rendered life an ecstatic pleasure.

I ceased drinking the water and using the baths after the seventh day, thinking I no longer required this "*nervine tonic*;" waited at the springs some two days, to see whether a desire for it would return. It did not; accordingly I made a trip into the country, but scarcely was I absent more than a day or two in travelling than I craved the waters and baths of the "Red Sweet Springs," and was unsatisfied and discontented until I made my way to them again. Since my return, I have continued the baths and water to my infinite satisfaction, and now feel physically like a new man.

It will not only afford me a gratification to make known to my friends the great "*tonic virtues*" of your spring, but likewise to tell them of the personal care you bestow to your establishment, your delightful fresh butter, good "*sally-lun*," excellent mutton, etc.

Very respectfully,

WM. ALLSTON GOURDIN.

From JOSEPH R. CHANDLER, ESQ., of Illinois.

LACON, ILL., October 1, 1859.

MR. C. BIAS:

Dear Sir:—In cheerful compliance with your request, I place at your disposal the subjoined statement of my case.

For several years I labored under a wretched state of health, manifested by painful derangement of my stomach and liver,

with great nervous mobility, and often such mental despondency as made life itself a burden.

In August last I visited the White Sulphur Springs, having been led to do so, from seeing Dr. Moorman's work on the Virginia Springs, and placed myself under Dr. Moorman's advice and professional care. The doctor regarded mine as a decided case of chronic irritation of the mucous coats of the stomach and bowels, attended with enlargement of the liver, affecting its secretions and giving rise to intestinal and thoracic neuralgia. I used the White Sulphur waters in connection with such mild medicinal means as were found necessary to insure its proper operations on the system until it produced its special effects of correcting my secretions and altering my system, which being accomplished, the doctor directed me to the use of the waters and bath of the Red Sweet Spring. These waters, as he predicted, have been in the highest degree beneficial in restoring the tone and energy of my system, and in removing the vagrant neuralgic affections from the regions of the bowels and chest, which doubtless were the morbid products of the derangements above alluded to.

The course I have been led to pursue for the relief of my case: *first*, by generally altering my system by the use of the White Sulphur waters, and *second*, to restore its tone and energy by the use of the waters of the *Red Sweet*, has been most happily adapted to the case, and its results are in the happiest degree favorable to the remedial value of these waters.

Hoping that your springs may obtain that reputation which they deserve, I remain your friend.

JOS. R. CHANDLER.

The water of the *Sweet Chalybeate* has occasionally been transported from the spring in well-corked bottles, and advantageously used by invalids. We give below a letter from Mr. PEELE, of North Carolina, showing the effects of the transported water in his family:

JACKSON, NORTH CAROLINA, Dec. 6, 1859.

MR. C. BIAS:

Dear Sir:—By the request of a friend, you sent to me at Garysburg, North Carolina, some time in July last, two dozen bottles of the Red Sweet Spring water, which I consider was beneficial to both myself and wife. She, at that time, was complaining of indigestion, of which, by the use of a few bottles, she was entirely relieved.

I was much benefited by its use, and could I have used it more freely, I am induced to believe that it would have relieved me entirely of the *gravel* with which I had been troubled. And I do now believe that if the use of the water would not cure the gravel, it would act as a preventive of that painful disease.

Yours respectfully,

ISAAC PEELE.

From the "Central Presbyterian," of October 1, 1859,

Written by REV. T. V. MOORE.

SWEET CHALYBEATE SPRINGS.

We had intended to indite an editorial letter from this quiet and beautiful resort, but the time passed away so swiftly and pleasantly, and with so little incident to vary it, that we found nothing worth writing. The place itself is too well known to need any description. The whole valley is one of the loveliest in Virginia, aside from its improvements, and the Red Sweet water is probably the finest tonic, both externally and internally, in the United States. It has now conveniences for all kinds of bathing—hot, cold, shower, and plunge baths—according to the taste of the bather. It has four or five different kinds of springs within a few hundred yards, and the chalybeate ones so saturated with iron as to be rolling it out in flakes continually. And it has in Mr. Bias one of the very best of proprietors with which such an establishment was ever blest. Prompt, kind, attentive to every want, giving personal oversight from before daylight until bed-time to every department, untiring and patient under every variety of unreasonable whim and caprice, he is a perfect model of a landlord. The acknowledged excellence of the water, and the great kindness of the proprietor, must insure for this place an increasing patronage, which both richly deserve.

To indicate the opinion of some of the late Visitors, as to the character of the SWEET CHALYBEATE, I insert the following statement with which I have been favored:

WE, the undersigned, residents of Baltimore, having visited the SWEET CHALYBEATE SPRINGS, in *Alleghany Co, Va.*, during the Summer of 1869, take great pleasure in recommending it as possessing superior virtues for the invalid, and every comfort to the seeker of pleasure. The Baths here, may be esteemed an unrivalled luxury. Their medicinal virtues and exhilarating properties, should be experienced to be properly appreciated.

Every attention is given by the Proprietor and his assistants, to render the guests comfortable.

We know of no more desirable spot among the mountains to pass the summer months.

WM. C. WEST,
JAMES WHITEFORD,
O. DIFFENDERFFER,
EDW MITCHELL,
P. J. ROCHE,
G. OBER AND FAMILY,
MAHLON HOPKINS,
JOHN J. ROCHFORD,
JESSE T. HIGGINS,
A. M. HOFF,
W. D. BARRETT,
JAS. S. WEST,
ROBT. W. DRYDEN & FAMILY,
JAMES H. BROWN,

BEN. DARBY,
PHILIP DARBY AND FAMILY,
MILES WHITE,
CHRISTOPHER WEST,
JOHNS HOPKINS,
ROBERT HOUGH,
CHAS. A. GEARY,
THOS. F. WEALE,
JAMES McCURLEY,
H. CLAY DALLAM,
LLOYD W. WILLIAMS,
R. LOUIS WHITEFORD,
ROBERT OBER,
JOHN M. TRAVERS.

Sweet Chalybeate Springs,

ALLEGHANY COUNTY, VA.


These Springs so long and favorably known for their valuable *tonic* and *alterative* powers, both as a BEVERAGE and BATH, have been newly and completely refitted, with convenient and comfortable accommodations for Four Hundred persons.

Their situation is central in the *Great Spring Region*, being sixteen miles south of the *White Sulphur*, and nine miles from the *Alleghany Station*, on the *Chesapeake and Ohio Rail Road*.


They will be open for the reception of Visitors for the Season of 1870, on the FIRST DAY OF JUNE.

The various Sources of Recreation and Amusement,

Common to the best conducted watering places, will be kept up for the accommodation of Visitors.

 Valuable as these waters are admitted to be when used as a *Beverage*, the great charm of the place, pleurably, hygenically and medicinally, is found in the large *Enclosed Pools* for *Plunge Bathing*, and in the well arranged SHOWER and TUB BATHS of any degree of *temperature* that may be desired.

Taking the *Bathing* facilities here, all and in all, they are believed to be equal, or superior to any elsewhere to be found in the country.

 Arrangements have been made for the residence at the Springs during the season, of a highly competent Physician.

Charges for the Season:

Board per Day	\$3 00
“ “ Week.....	18 00
“ “ Month.....	65 00

Children and colored servants half price.

THOMAS KINNIREY,
PROPRIETOR.

1

George

Wheat

Wheat

Wheat

Wheat

Wheat